

Two Humble Words

This booklet is meant for English speaking devotees living in southern part of India and abroad. They don't know Hindi well but are curious to know more about Yogyogeshwar Prabhu Shri Ram Lal ji Maharaj. Prabhuji is the adorable Deity of millions of His devotees. They regard Prabhuji as real friend, wealth, wisdom and everything in their lives. In this booklet I have incorporated the history of Sri Siddha Gufa and the miraculous character of Prabhuji living at Sawain and in other Ashrams established by Him later on. The auspicious day of Ram Navami is associated with Sri Prabhuji as this is His Birthday too.

This auspicious day is celebrated with great zeal and enthusiasm by His devotees all over the world. They remember Prabhuji with intense faith and chant the Holy name regularly. It brings radical change and thus life itself becomes full of miracles. Truth is one, names call it by various names. Prabhuji appeared as sun in this world and shows the path of yoga and truth to the aspirants. His graceful hands always remain upon the heads of His devotees to protect them Squarely from evils.

Jai Gurudev !

SURI SIDDHA GUFU IN A NUTSHELL

Shri Siddha Gufa became a famous yoga training center in the previous century. Before you know the history of this place it is necessary to know about the great Mahayogi of the modern age. His name is Yog Yogeshwar PRABHU SHRI RAMLALJI MAHARAJ. His name is well known among the yogis of this era. He ever remains free from the bondage of birth and death. Having seen the human being striving to free himself from the threefold tortures of the world, He assumes many forms in different places at one time.

And shows the right path of yoga to the seekers of truth. Yoga is the divine path to immortality. Yoga according to Lord Krishna is the immortal wisdom. Whosoever embraces this divine path gets immortality. Lord Krishna imparted this immortal wisdom to Arjun.

Prabhuji is the greatest of the great and the purest of the pure. He is the undying father of all human beings. His devotees concentrate their minds and remember Him in the state of super-consciousness. Prabhuji always exists and shall exist forever-the eternal being. He is illuminating every form and the

controller of all that is going on in the universe. He always dwells in the hearts of his devotees. He draws his deserving ones into the circle of his infinite grace and love. Those who feel the holy presence in their hearts with purified mind become immortal. He animates every living being. He becomes a source of unfailing strength and zeal for his worshippers. Prabhuji dispels darkness from the hearts of his devotees.

His holiness Prabhu Ramlal Ji Maharaj assumed human form in 1888 in the holy city of Punjab in Amritsar. His father Pt. Ganga Ram Ji was a renowned astrologer. It was the auspicious day of RAM NAVMI when Prabhuji came on earth.

In the very beginning of childhood days many miraculous powers were seen in the extraordinary boy. All his near and dear relatives knew him to be a great yogi. At the early age of fifteen, He left his abode. First of all he began study Sanskrit at Kurukshetra and then, Haridwar at Kankhal. From there he went to see the places of pilgrimages. Visiting many holy places, he reached a village named SAWAIN in Agra. There a religious-minded man named Sri Pyare Lal became his devotee. He had utmost reverence and faith in Him. While living in village Sawain, people realized His divine power. Prabhuji's holy presence blessed Pyarelal and his family. At all time he remained thrilled with joy because he had such great Yogeshwar as his escort. Many people in the village became his disciples. They totally took refuge in Him. Then the devotees got their desires fulfilled. Prabhuji showered his blessings on all the devotees. He desired to go to Himalayas. It was unbearable for the devotees to depart from their beloved Gurudev. They formed a cave for His uninterrupted meditation. All the devotees felt joy at this. Lala Pyare Lal made a tank where Prabhuji would take bath daily. He transmitted His spiritual power in it and gave a boon that 'the skin diseased and jointache patients will get rid of their ailments. Prabhuji named this tank AMRIT KUND a tank full of nectar. One day some devotees went to have darshan of Prabhuji at SIDDHA GUFA. There they saw Prabhuji assuming a form of Lord Mahadev. A lion skin was around His waist and long hair hanging down upto his knees. Hundreds of serpents were moving around His body. Seeing this form of Him the devotees were awestruck. They intended to go back to their houses.

Sri Prabhuji called them affectionately near him and said, "don't be scared of these snakes. They are your brethren. They won't harm you any way. But remember, don't come to me very early in future." The villagers determined that Prabhuji was a great siddha yogi. They by an act of remembrance and utmost faith built a personal relationship with Him who became source of unfailing strength and courage in their life. They devoted more and more in the prayer and meditation. They felt more nearness and offered their actions to Him with love. Many times they requested to show miracles for them. Prabhuji always said, "chant the Holy name of God you will realize miracles yourselves." But they always insisted miracles. One day Prabhuji asked them to close their eyes. They did so then Prabhuji asked them to open their eyes. They opened their eyes but could see nothing. They could neither hear any word nor had the sense of

touch. Sense of heat and cold was away from them. There was darkness prevailing all around. They were unconscious of time and space. They realized as if they were getting down and down continuously. No support they were finding where they could stand. They felt that they had committed an offence by insisting to show miracles for them. They saw upwards where hundreds of serpents were seen coming down as if they wanted to swallow them all. With concentrated mind they started chanting the holy name of Prabhuji. The next moment Prabhuji asked them to open their eyes. They opened their eyes and came to senses. They were completely wet with perspiration. Silently they prostrated to Prabhuji and went to their homes.

Prabhuji possessed unlimited spiritual powers. He assumed many forms in different places at same time. One day he was busy in spiritual conversation with his devotees throughout the day at Siddha Gufa. On the same day he met many people who had gone to take holy bath in the Mother Ganga. Thakur Lala Ram saw him at Soron, Kasganj (a place of pilgrimage), while Khet Pal Rajghat and Pyarey Lal at Kanpur. In fact Prabhuji went nowhere on that day. Prabhuji then intended to go to Nepal Himalayas. The devotees came to know His intention. They requested to Prabhuji not to leave them as orphans. They won't survive without Him. They requested Prabhuji to remain in samadhi at Siddha Gufa and no one would disturb Him. Prabhuji accepted their prayer. After two to three days one morning Prabhuji assumed subtle body and came out of cave. The door was bolted from outside. A farmer named Sukha was tilling his fields nearby. It was around 4 A.M. Prabhuji was floating in the air towards Himalayas. The farmer was awe struck. Prabhuji introduced himself and said, "Don't be afraid. I am Babaji of Holy Gufa. I am going to Nepal. After blessing him Prabhuji again proceeded through skyway. The farmer hurriedly reached at Gufa and narrated to the devotees what he saw. Since the door was bolted from inside they dug the wall and made the way to enter into it. They entered inside, but could not find Prabhuji there. They were grief stricken. An unseen voice solaced them and assured to come again. After about twelve years Prabhuji again visited the place and stayed about a month. In the year 1920 Prabhuji came back from Nepal Himalayas to planes to show immortal path of Yoga to the humanity. For well being of all he resolved to establish Ashrams. In the year 1930 Yog Sadhan Ashram, Rishikesh was erected. Prabhuji initiated aspirants in Siddha Yoga through Shakti Paat Diksha. In this system Siddha Guru transmits spiritual powers to his disciple. The aspirants get enlightenment in a very short period of time. The learning of Ashtang Yoga was imparted to the aspirants. Yogic methods such as Neti, Dhuti, Neoli, Vasti, Kapalbhati, Trataka etc. were taught. During those days, these techniques were thought to be worth secret. Very few in the country and abroad knew about these techniques. There were Prabhuji's Yoga centers in different states where Yogic kryas were taught. Prabhuji established Yoga Center at Amritsar, Lahore and so many other places.

Many self-realized Yogis were given to the country by Prabhujī. Yogiji, Drupadi Devi Ji and Rishi Devi Ji. They preached and propagated Yoga in different parts of the country.

Yogiraj Sri Chandra Mohanji was a distinguished Yogi who covered wide range of the country. Ashtang Yoga (eight-limb yoga) was preached. Its inner part- Dharana, Dhyan and Sadhna are the parts of Yoga, which is known as Rajyoga. Rajyoga is the only means to self-realization. The ignorance of the mind and intellect can be removed only by realizing Samadhi. The renowned Yogis of the modern age like Vivekanand, Swami Ramtirtha and Yoganandji realised yoga in the right sense of the word and conveyed beyond the sea. It is Yoga that established India on the seat of Visva Guru i.e. The Master of the World. Yoga is the second name for Spirituality. Through Bhagawat Gita, Lord Krishna imparted this immortal wisdom to Arjuna.

Prabhu Ram Lalji's divine message of Yoga, was spread all over the world. Most of the Yoga Centers in India are related to Prabhujī. As in the Northern India Prabhujī's disciples are spreading message of Yoga, similarly, in the Southern parts the Yoga is spread among the masses.

Ram Navami festival was started to be celebrated in the year 1930 with due permission of Prabhujī at Siddha Gufa, Sawain (Agra). In the year 1940, Gurudev Chandra Mohanji Maharaj visited the sacred Siddha Gufa for the first time. After 1942, he made-up his mind to remain there regularly to spread the Holy teachings of Prabhujī, Now the festival of Ram Navami is celebrated with great enthusiasm every year as a Birth Anniversary of Prabhujī. Every year this festival is celebrated with more growing faith and thousands of aspirants are initiated to Yoga on that auspicious occasion.

His Holiness Gurudev Shri Chandra Mohanji Maharaji had been a self realized Yogi. He had drawn so many dedicated devotees to the lotus feet of Prabhujī and His blessed teachings. During the period from 1950 to 1990 Gurudev's contribution to the world of Yoga has been very praiseworthy and unforgettable. Gurudevji participated in many World Yoga Conferences. In all the conferences He made to all the participants familiar to Yoga in the right sense of words. In the year December 1986 the World Yoga Conference was organized. Gurudevji presided this conference and the President of India Hon'ble Gyani Jai Singh honored him by the title of 'Yoga Shiromani' i.e. The Greatest Yogi. He was the President of the Central Council of Yoga and Naturopathy during the year 1978-79. He contributed a great deal to the field of yoga. Yoga became familiar to all and sundry during that period. Yoga gave the country progress in the field of medical science as well as in development of spiritual power. In fact it was the golden period of Yoga. Gurudev introduced Yoga in schools and colleges. Today Yoga is a compulsory subject in Secondary schools of Delhi. Thus, the oriental teachings of old Indian seers is now available and accessible to all. Gurudev made Siddha Gufa a famous Yoga Training Center- a Spiritual Center. Apart from Sri Siddha Gufa, Sawain and Yog Sadhan Ashram, Rishikesh, Gurudev established

many Yoga training centers in the country. Among others Siddha Gufa Yog Mandir, Sector-4, RK Puram in New Delhi, Siddha Yog Shikshan Sansthan in Lucknow and Yog. Training Center in Etawah were established during his life- time. Later on His disciples have opened numerous centers e.g. Yoga Ashram in Mandi, Kangra (H.P.), Kurukshetra_ Gharonda (Karnal), Alupur (PanJpat) and Bhiwani in Haryana, Bulandshehar and Saharanpur in U.P.. The disciples of Mulukhraj Ji Maharaj - Shri Devi Dayal, Ram Pyara ji and Chaman Lal Kapoor established hundreds of Yoga centers in Punjab, Haryana, U.P. and other states. In all the Ashrams Shri Prabhuji is worshiped and his teachings are propagated. Prabhuji's mission was to provide good health, mental peace and bless to entire human beings. His followers have established centers in Italy (Parugia), America (Lowell) and many other foreign countries to convey the divine message of Yoga among the masses.

Shri Siddha Gufa is a historical place of Prabhuji where he remained for some years and blessed the place with His holy presence. The devotees get spiritual upliftment here. All the worldly sorrows and sufferings are effacted here. He protects His devotees with His invisible hands and guides them in all walks of life. To remove the diseases by Yoga Therapy - Pranayam Mudra, Neti, Dhoti etc. etc. are taught in; all the centers. The patients get rid off their ailments free of charges at these centers. His Holiness Yogiraj Chandra Mohanji Maharaj initiated thousands of aspirants in Siddha Yoga. They are practicing Yoga to attain self-realization. Only Yoga is the purifying path leading to eternity.

Shri Prabhuji has become a source of ever- lasting spiritual power, upliftment and inspiration for His devotees. He dwells in the purified hearts of his devotees forever.

May His heart felt blessings and love be on all the devotees. We prostrate at the Holy feet of Prabhuji - the remover of ignorance and guide to the supreme goal of life.

Jai Gurudev !